

# Fort Riley Post

Trail run

1st Sst. Bde. Soldiers  
hit the trail for PT

Page 13

Vol. 50, No. 23

Friday, June 8, 2007

Home of the Big Red One

## Post, Army news briefly

### ACPs to close for construction

The Army Corps of Engineers is conducting work on the Henry Drive and Trooper Drive Gates. Trooper Drive Gate will be closed from 5 a.m. on June 15 to 5 a.m. on June 17 and will re-route traffic through Grant Gate during the closure.

Grant Gate will remain open for the 48 hours Trooper Gate is closed. Visitors will be able to sign in at a temporary visitor area in the park on the Junction City side of the river. There will be signs in place to help people with the temporary closure and change in procedures. Please note the Nature Trail will not be accessible during the closure period.

#### Schedule of work:

Barrier welding at Henry Drive Gate June 6-8. Traffic will be controlled. Work limited to non-peak times.  
Barrier welding at Grant Gate June 11-12. Traffic will be controlled. Work limited to non-peak times.  
Barrier welding at Trooper Gate June 13-14. Traffic will be controlled. Work limited to non-peak times.  
Barrier painting at Trooper Gate June 15-16. Gate will be closed. All traffic will be re-routed to Grant Gate.

### Vet services expands hours

Veterinary Services now has extended operating hours on Wednesdays. The Vet Clinic will be open for registration and resale until 5 p.m.

### Office closing

The Installation Property Book Office, located at Building B229 W. Custer Ave. will be closed from 7:30 a.m. to 4 p.m. June 13 for PBUSE Property Book Accountability training. Business will resume as usual on June 14.

### Bridge inspections set

Due to scheduled inspections of the bridges on or about June 10, the following bridges will be down to one lane traffic at times: Henry Drive over the Kansas River, Henry Drive over the Union Pacific Railroad, Buffalo Soldier Road over the Union Pacific Railroad and inbound lanes on Grant Avenue over the Republican River.

### Stay 'In Step' with Fort Riley

See what's happening at Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV Channel 13.

Stories planned for this week's show, which runs on WIBW TV June 9 and on the post's cable channel 2 June 10 through 16 are:

- News from Fort Riley units in Iraq
- Update on latest Fort Riley casualties
- Update on hospital renovations
- The life of a combat trauma medic
- CGMCG horses get new shoes

## CIF offers new turn-in option for some items

By Sgt. Stephen Baack  
1st Inf. Div. PAO

Fort Riley's Central Issue Facility is now allowing Soldiers undergoing a permanent change of station move within the continental United States to keep certain items they would have been required to turn in prior to a June

1 procedure change.

The new CONUS-wide procedure is aimed at preventing processing Soldiers from having to go without items they may need before processing through CIF at the gaining unit. The Department of the Army so far has designated 22 items Soldiers can ship or carry with them to their next assignment.

According to CIF Manager Thomas Barton, these items primarily span the categories of health, comfort and welfare.

"If you're PCSing to Fort Sill and you're reporting to Fort Sill today, they take you to a range or out to the field or training in garrison even," Barton said. "If it's pouring down rain, you need wet-weather gear. You may not be

through CIF to draw your gear for two or three days after you report. So these are required items for health and welfare."

Whether a Soldier decides to hand-carry the gear or have it shipped, the procedure is designed to make those items go with the Soldier, Barton said.

"If you show up today on Fort Riley and you don't have any

Gortex, you don't have wet-weather gear and all that kind of stuff until you come to CIF," Barton said. "So this takes care of that problem. You know you're going to have Gortex when you arrive here. You know you're going to have wet-weather gear because you're carrying it with you or it's

See CIF, Page 7

## Meet the press



4th IBCT/1st Inf. Div. Lt. Col. Ricky D. Gibbs

Iraqi Maj. Gen. Abdul Amir, deputy commander of the Karth Command and commanding general of the 6th Iraqi Army Division (left), and Col. Ricky D. Gibbs, commander, 4th Infantry Brigade Combat Team, 1st Infantry Division, field questions during a joint press conference on clearing operations in Baghdad's Rashid District May 26, at the Coalition Press Information Center. The day before, Gibbs participated in a teleconference with the Pentagon press corps.

## Commander discusses progress in Iraq

By Pfc. Dustin Roberts  
1st Inf. Div. PAO

A 1st Infantry Division brigade combat team, which has been deployed since January, has teamed up with U.S. and Iraqi forces in Baghdad, Iraq, to make progress fighting terrorists.

As a part of Operation Dragon Fire, which began in early May, the 4th Infantry Brigade Combat Team, or "Dragon" Brigade, has helped clear 45 neighbor-

hoods, detain 94 suspected terrorists and cell leaders, disarm numerous explosives and weapons, destroy two torture houses and one safe haven for terrorists, and free two kidnapping victims.

"We've established safe neighborhoods and safe markets," said Col. Ricky Gibbs, Dragon Brigade commander, during a May 25 video teleconference with the Pentagon press corps. "We've improved the lives of the Iraqi people."

The area of operations for the coalition,

which is the east and west Rashid Security Districts of the Multinational Division Baghdad area, is about 58 square miles, a little larger than San Francisco. About 700,000 Iraqi civilians live in the area.

The task force's operations aren't just kinetic operations or combat, Gibbs said, but economical, governance and essential services such as giving the Iraqi people electricity.

See Press conference, Page 7

## Soldier meets new team

Replacements learn what to expect in theater

By Gary Skidmore  
1st Brigade

Sgt. 1st Class Sidney Curtis is a member of Class 3A, one of the first transition teams to deploy to Iraq last year. He's just finished his two-week mid-tour leave with his family and is winding up four days of temporary duty at Camp Funston. He's sharing his last 10 months of experience standing up an Iraqi army brigade with the team that will replace his team in a couple of months.

Curtis said he found it interesting the training has not changed dramatically since he went through it nearly a year ago.

"We were an emergency team that had to deploy within 30 days," Curtis said. "So we wound up doing a 22-day training schedule compared to the normal 60 they have now. We were pushed out very quickly, so the training was greatly abbreviated."

Some of the three-day courses that TT members go through now were reduced to one, he said.

"It was quick, but we were ready when we left," he said.

One of the best things about the training now compared to the "early days," Curtis said, is the opportunity to talk with team members brought through temporary duty to Fort Riley about their experiences.

Talking to the replacement team about what to expect when they get in country is very important to him, Curtis said.

"If my team would have been able to get some of this information before we left on to actually deal with Iraqis and some information about their day-to-day operations, initially advising them would have been a lot easier," he said.

"I would have liked to have known how they operated a little more, things like their battle rhythm," Curtis said.

When Curtis and his team deployed, they had the mindset of how Americans did business. "We got there and saw that the Iraqis do things totally differently than we do," Curtis said. "Things like their planning is late at night compared to ours which is done throughout the entire day. So we had to get onto a whole new battle rhythm and work with them because we can't tell them what to do, just advise them on things they could do better."

One of the main points Curtis said he wanted to make to the team is to learn as much Arabic as

See TT, Page 7



## Remembering

The Bugler plays TAPS as the Honor Guard presents arms June 1 during the memorial ceremony for Sgt. 1st Class Robert E. Dunham and Staff Sgt. Russell K. Shoemaker.

See page 3 for stories on the recent memorial ceremonies for two transition team Soldiers and one 1st Battalion, 5th Field Artillery Regiment Soldier.

1st Bde./Skidmore



## Post, Army news briefly

### Road delays to occur

Due to road shoulder work near the new 1st Infantry Division Headquarters building, the 1st Division Road speed limit from Hachner Road to Dental Clinic #4, Building 4010, will be reduced from 45 mph to 35 mph. The contractor will be installing traffic control devices to reduce the road width during construction from June 4 July 13.

Motorists should only experience slight delays as the contractor installs and then relocates traffic control devices during construction.

### Soldier found guilty

1st Lt. Jason R. Hartin was tried at a General Court-Martial May 21-22 and found guilty by an officer panel of two counts of assault, one count of communicating a threat, one count of failure to report and one count of being absent without leave for two days.

The panel sentenced him to be confined for six months, to forfeit all pay and allowances, and to be dismissed from the service.

### CIF ships equipment

Outgoing Fort Riley Soldiers now can ship 22 items on their Organizational Clothing and Individual Equipment list to their next duty station free of charge through the Central Issuing Facility. CIF also will receive these items free of charge for incoming Soldiers. For more information, call Tom Barton at 239-1426.

### Equipment exchange open

An equipment exchange van is available for transition team use from 8:30 a.m. to 3:30 p.m. Thursdays on H Street at Camp Funston. Equipment available for exchange includes all basic items drawn by transition team Soldiers, except Army Combat Uniforms. For more information, call Tom Barton at 239-1426.

### IACH weapons policy explained

In accordance with Fort Riley Medical Department Activity Regulation 380-1, personnel performing law enforcement or security duties may carry firearms into and within all U.S. Army Medical Treatment facilities at Fort Riley.

Individuals requesting non-emergent medical or dental care will secure their weapons with their units prior to receiving treatment at any Fort Riley medical/dental facility.

TRICARE COUNSELING  
1 x 1"  
Black Only  
1x1 Tricore

DICKINSON THEATRE  
1 x 1.5"  
Black Only  
1x1.5 JUNETE.6/1.4310.1k

LIGHTHOUSE CHRISTIAN FELLOWSHIP  
1 x 3"  
Black Only  
1x1Lighthouse.f

# Soldiers learn to react to sniper fire

By Pfc. Francisca Vega  
3rd HBCT PAO

Soldiers of the 3rd Heavy Brigade Combat Team's 2nd Battalion, 70th Armor Regiment sharpened their observation skills, improved their communication abilities and exercised their noise discipline during their react-to-sniper-fire training recently on Custer Hill.

The goal of the training is to reduce casualties from sniper fire by making Soldiers more aware of snipers and making their reaction time quicker, said Sgt. Rafael Rubalcava, a sergeant overseeing the training exercise.

"This is very important," said Pvt. Nicholas Gullatta, a Humvee driver for Headquarters and Headquarters Company, 2nd Bn., 70th Armor Regt. "This is one of the most important training (events) we will receive," he said. "Any training is good training."

"We're planning on having this training at least three more times in the next eight weeks," said Cpl.

David Walls, the scout leading the exercise.

The Soldiers must have noise discipline, good observation skills and listening skills, he added. They must know the terrain and know when it changes.

Maintaining communication during and after contact with opposing forces was stressed during the exercise, as was looking out for improvised explosive devices, and knowing who was able to take charge if the unit leader was killed or otherwise unable to lead.

"Two up, one down," said Spec. Charles Stevens, Section A squad leader. He told his Soldiers that each of them should know how to do the job of the person two ranks above him and one below in case the Soldier becomes a casualty himself.

Along with training on how to react to sniper fire, the "Thunderbolts" also trained on how to safely conduct patrols.

See Sniper awareness, Page 8



3rd HBCT/Vega

A Soldier from 2nd Battalion, 70th Armor Regiment drops behind a car during react-to-sniper-fire training recently on Custer Hill.

## Surge affecting more than security in Baghdad

By Master Sgt. Dave Larsen  
1st Cav. Div. PAO

CAMP LIBERTY, Iraq – The surge of coalition and Iraqi security forces into Baghdad neighborhoods is aimed at improving the security situation in the Iraqi capital. Yet, there are other programs benefiting by having more boots on the ground during Operation Fardh Al-Qanoon.

"The surge has assisted civil military operations by putting more coalition eyes on the environment, so that we get a more responsive analysis of what essential services and economic development services are needed by the populace," said Lt. Col. John Rudolph, the assistant chief of staff of civil military operations for Multi-National Division – Baghdad.

Rudolph said civil military operations in MND-B's area of operation, which run the gamut from governance to agriculture to

infrastructure to economic improvements, have already dedicated more than \$163 million of Commander's Emergency Relief Project (CERP) funds to projects all aimed at improving the quality of life for Iraqis living in and around Baghdad.

"This really is about improving the quality of life for the Iraqis," said Brig. Gen. Vincent K. Brooks, the deputy commanding general for support with MND-B. That "support" role not only touches the lives of the 50,000-plus troops working under MND-B but also the Iraqi people. He said it's challenging to move ahead with quality of life initiatives in the face of extremist efforts to stop them.

"There is a perception that I've seen in every sector of this region we have responsibility for, when I talk to the Iraqis, that the Americans have the ability to put a man on the moon, and yet they can't provide us with electricity,"

Brooks said. "That whole idea of an expectation that we promised and haven't delivered causes a great deal of problems."

### Lights Out?

Most westerners and Americans cannot conceive flicking on a light switch on the wall and having it click with no effect. Yet, Baghdad has never had electricity flowing to its six million residents 24 hours a day. Electricity, or the lack thereof, was a tool used by the Ba'athist regime to reward or punish the population.

"You saw areas, favored by Saddam and his regime, see power longer throughout the day, but they still didn't get power 24/7," Rudolph said. "They still had to use what they called the 'generator men,' who were entrepreneurs who had their own generators and supplied power to local neighborhoods for the 'off

power' periods, even during Saddam's period."

Providing power to Baghdad residents remains a priority, Rudolph said, as witnessed by the 62 projects accounting for more than a quarter of the civil military operations funds dedicated this year – more than \$44 million. The challenge to get the lights on throughout the Iraqi capital remains an ongoing issue.

"It was an inefficient system to begin with and what we have done is by our electrification projects, in general, we've improved distribution so that the power that comes in is distributed more efficiently," Rudolph said. "However, the level of available power goes down. It goes out to more places, but it doesn't last as long."

The provision of power to Baghdad neighborhoods remains a function of governance, Brooks said. It will be the Iraqi govern-

ment who will need to illuminate the Iraqi capital.

"Our effort here has to be more than a physical one, to not only find ways to improve those systems physically, but also have to work back through that governance effort to ensure that people who are in positions of responsibility in government are not sectarian and are not biased in the delivery of essential services to all people," Brooks noted.

### Success Stories

Improved security in some areas of the city has allowed life to flourish for some Baghdad residents. Temporary barriers erected throughout the city have created what military officials call "safe markets" and "safe neighborhoods." The market areas have benefited from the temporary bar-

See Quality of life, Page 4

NOLLER DEALERSHIPS OF TOPEKA  
3 x 10.5"  
Black Only  
1x10.5 Noller Dealerships

TAB KWAN DO  
2 x 4"  
Black Only

GEARY COMMUNITY HOSPITAL  
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Black Only  
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## In remembrance

### FA Soldier honored at ceremony

By Sgt. Stephen Baack  
1st Inf. Div. PAO

A Soldier who, to some, represented the very best of what America has to offer was honored during a memorial ceremony at Morris Hill Chapel May 31.

Cpl. Benjamin J. Ashley, of Battery D, 1st Battalion, 5th Field Artillery Regiment, served as a gunner and driver on combat logistics patrols while deployed with his battery in support of Operation Iraqi Freedom when he was killed in action during a mission.

Ashley's platoon leader for the past year gave those in attendance a "Soldier's tribute" by introducing him to those who did not know Ashley, and by giving those who knew him more insight into the Soldier he was.

"From the moment we deployed to Iraq, each day would begin with Ben Ashley making a joke at the expense of one of his NCOs," said 1st Lt. Adam Antonini, his platoon leader. "He'd usually approach his team chief, Sgt. Ramos, and poke fun at him for being short, at which point Sgt. Ramos would make Ben do a couple of pushups. It became a routine that everyone looked forward to and a routine that made a rough day slightly more tolerable."

Life will be tough without Ashley, Antonini said. He was a very skilled Soldier in a variety of areas who took the initiative to get things done.

"Cpl. Ashley did not need a sergeant in his truck because he could be counted on to make tactically sound decisions above and beyond the expectations of his pay grade."

Ashley's ingenuity became mission-critical on several occa-



Cpl. Benjamin Ashley

sions in Iraq, Antonini said. He told a story of Ashley fixing a cargo truck that was broken down in a bad part of town when no one else thought they could fix it.

He was able to find the tools by searching through nearby cargo trucks and communicate using hand and arm signals with the drivers who knew no English to get the job done.

"Instead of spending two hours in a dangerous area waiting on vehicle recovery, Ben got us rolling in 30 minutes," Antonini said. "His ingenuity kept us out of danger on several such occasions ... Cpl. Ashley's most admirable trait was his selfless dedication to his peers, and his platoon loved him for it."

"The bond between Ben and his brothers will never be broken," Antonini continued. "He will continue to be with us on every mission and he will continue to inspire us to be better Soldiers and better leaders."

Battery D held a separate memorial ceremony for Ashley on Memorial Day. Lt. Col. Chad LeMay, battalion commander of 1st Bn., 5th FA Regt., spoke on behalf of Ashley's fellow Soldiers still serving in Iraq.

"It is difficult to capture the essence of an individual in a few short sentences, but I think as you hear some of the comments from Ben's fellow Soldiers, you will see what type of man he was," LeMay said.

"Spec. Williams had this to say: 'Ben was a wonderful person at

heart,'" LeMay read aloud. "He loved life and would do anything for anyone. He had a way about him that amazed me. He would always put his friends and Family first. He was the most unselfish soul that I have ever met. He cared more about the welfare of his Family and friends than he did about his own enjoyment."

Ashley's deployed section chief also paid tribute to him with his words of gratitude.

"Sgt. Ramos, his section chief, stated: 'Cpl. Ashley was one of the hardest working Soldiers in our platoon, but this hard work did not only involve his job,'" LeMay continued. "'Ben placed his Family above all else, as evidenced by a time when we completed a long mission to FOB Speicher and I found Ben sitting on a cot with a book teaching himself sign language so he could better communicate with his son.'"

Ashley was born July 7, 1984, in Independence, Mo. He joined the Army March 30, 2004, and was trained as a field artillery tactical data systems specialist. After a yearlong assignment with 1st Battalion, 15th Field Artillery Regiment in Camp Casey, Korea, he was reassigned to 1st Bn., 5th FA Regt. here Sept. 19, 2005.

Ashley's awards and decorations include the Bronze Star Medal, the Purple Heart, the Combat Action Badge, the Army Good Conduct Medal, the Army Achievement Medal, the National Defense Service Medal, the Iraqi Campaign Medal, the Global War on Terrorism Medal, the Korean Defense Service Medal, the Army Service Ribbon and two Overseas Service Ribbons.

He is survived by his wife Kasandra and his son Alexander.

### Transition teams, trainers pay tribute to fallen comrade

By Gary Skidmore  
1st Brigade

Two transition team Soldiers were honored June 1, by friends and their comrades in arms at Fort Riley's Forward Operating Base Army Strong on Camp Funston.

Sgt. 1st Class Robert E. Dunham and Staff Sgt. Russell K. Shoemaker died in combat May 24 in Baghdad, Iraq in support of Operation Iraqi Freedom.

The outdoor memorial was held between rain showers. When Chap. (Capt.) George Okoth began the invocation the clouds seem to part and the rain stopped long enough for the last of several hundred transition team members to pay their final respects to the fallen.

According to Lt. Col. Dave Seigel, battalion commander, 2nd Battalion, 34th Armor Regiment, the memorial was held to honor and pay tribute to two fallen comrades who gave their lives fighting for the United States and Iraq so the conditions can be set for the Iraqi Army and police units to capably protect their people and their government in the future.

"Sgt. 1st Class Dunham and Staff Sgt. Shoemaker were advisers in a National Police Transition Team," Seigel said.

"The last five months since



Staff Sgt. Russell Shoemaker



Sgt. 1st Class Robert Dunham

their faithful service."

Staff Sgt. Romiro Vasquez remembered Dunham as a professional.

"When I first met Sgt. 1st Class Dunham, I was struck by his professionalism and can-do attitude," Vasquez said. "His expertise and character proved to be an integral part of the team. He paid the ultimate price in the

name of his teammates, wife and Family and of course for the love of his country."

"Staff Sgt. Russell Shoemaker came to Delta Company, 2nd Battalion, 34th Armor as part of a foreign adviser team training mission," said Sgt. Jared Siegel, an observer/controller with the 2nd Bn., 34th Armor Regt.

"As soon as he arrived, I could tell he was optimistic and ready to complete the crucial training needed to teach our Iraqi counterparts the necessary skills to stand up and defend their country," Siegel said.

Dunham's awards and decorations include the Bronze Star Medal, the Purple Heart, the Meritorious Service Medal, the Army Achievement Medal (seventh award), the Good Conduct Award (fifth award), the National Defense Service Medal, the Global War on Terrorism Service Medal, the Army Service Ribbon, the Overseas Ribbon and the Combat Action Badge.

Shoemaker's awards and decorations include the Bronze Star Medal, the Purple Heart, the Army Achievement Medal, the Army Good Conduct Medal, the National Defense Service Medal, the Global War on Terrorism Medal, the Army Service Ribbon, the Overseas Ribbon, and the Combat Infantryman Badge.

HOUSE FILL AD

HOUSE FILL AD

VALASSIS/AFC  
5 x 11.5"  
Black Only  
755481 Spdt.

LAKESED MARINE  
1 x 4"  
Black Only  
1x4 Lakeside Marine June TF





## Post, Army news briefly

### Discover Riley's treasures

Newcomers to Fort Riley, and those who wish to learn more about the post are invited to attend a post orientation July 6 offered by Army Community Service's relocation staff.

Participants will learn fun facts, interesting information and what the Fort Riley area has to offer.

Orientations will be held the first Friday of every month. Contact ACS - Relocation at (785) 239-9435 or site2065@riley.army.mil to reserve a seat.

### CBRN course offered on post

Fort Riley offers a two-week CBRN Defense course each month to train personnel assigned to units' CBRN Control Party.

The Control Party consists of a CBRN Officer and CBRN NCO (an enlisted alternate if no CBRN NCO is assigned).

It's also an opportunity to earn five college credits from Barton College.

These positions are inspected areas during command inspections. The class also provides training to unit 74D, CBRN NCOs (as long as they are not a BNOC grad).

Units can have multiple Soldiers trained for continuity. The next post CBRN courses are scheduled for June 18 through 29 and July 16 through 27.

Prerequisites for the class are:

- A GT score of 100 or above (or ST of 95 or above).
- Rank of specialist or above (waiverable for private first class).

- A minimum of one year service remaining.

Units should call Jerald Busing, Troop Schools, at 239-5432 to register. For more information on the course, units also can call Michael Walter, Post Chemical, at 239-6395.

### \$5,000 reward offered by CID

The Fort Riley Criminal Investigation Division is investigating an alleged rape that occurred on Fort Riley in late January 2007.

The perpetrator was described as a male, possibly Hispanic, approximately 5'10" tall, 175 pounds, wearing the Army winter physical training uniform and a gold ring with two diamonds on each side and a cross in the middle.

A \$5,000 reward is being offered for information leading to the identification, arrest and conviction of the person(s) responsible for the alleged rape.

If you have any information concerning the incident, call the Fort Riley military police at 239-MPMP (6767) or CID at 239-3931.

CINEMA 12 / MANHATTAN, KS  
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Black Only  
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# New anti-terrorism officer familiar face on post

By Anna Staatz  
Staff writer

The newest face on Fort Riley's anti-terrorism team isn't quite a new face. Officially, Brian Larson has been on the job as the Fort Riley anti-terrorism program specialist for a little more than two weeks. It's not the first time he's sat at his desk, though.

Larson spent nearly 18 months at Fort Riley from September

2001 to January 2003, deployed as a Reserve Soldier to fill the slot of anti-terrorism officer. As a reserve colonel in the military police corps, dealing with his job duties at Fort Riley are nothing new.

"Basically, the anti-terrorism programs have belonged at the military police school. As a military police officer, you grow up in that environment of being a part of that anti-terrorism plan," Lar-

son said.

The anti-terrorism aspect is one of several programs that fit into the bigger picture of installation force protection. Larson said so far, "little had changed in the job during the time he's been away."

"Early on, in my first look, it seems like there's been a lot of new information out there and new plans have been written," he said. "It was all in its infancy when I was first deployed here because we as a nation didn't

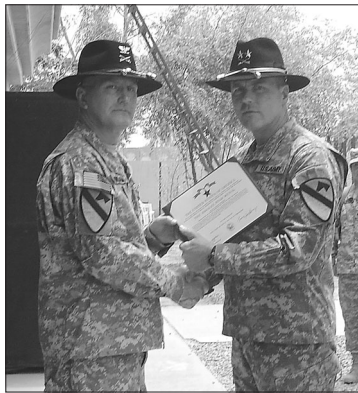
think of those things until after 9-11."

A large part of Larson's job will be to design and implement policies and procedures to help keep facilities and personnel protected or to respond to terrorist incidents or threats.

"Fort Riley is really proactive in conducting exercises that practice the plans that are in place should an event or incident occur," he said. "The routine exercise of those plans keeps us pre-

pared."

A huge time consumer for Larson during the next few months will be preparing groups on the installation for a Joint Staff Integrated Vulnerability Assessment. The assessment will be conducted by a team from the Department of Defense, which will examine areas where the post might be vulnerable and evaluate how prepared the installation is for possible incidents or threats.



130th FA Bde./Hale

## In recognition

Maj. Gene Joseph Fil Jr., commanding general, 1st Cavalry Division, presents the Bronze Star Medal to Col. Robert Windham May 27 during a ceremony at Camp Victory, Baghdad, Iraq. Windham is deployed with the 130th Field Artillery Brigade, Kansas National Guard. He is a resident of Junction City and is employed as a civilian at the Fort Riley Directorate of Information Management.

What's happening in your unit?  
Call the editor at 239-8854. Let's talk.

COLLEGE HEIGHTS BAPTIST  
2 x 2"  
Black Only  
2x2College@st.f

JON MURDOCK AUTO MALL  
2 x 6"  
Black Only  
2x8 Murdock Wd#1

## Quality of Life

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riers, keeping suicide car bombers at bay while allowing commerce to continue, Rudolph said.

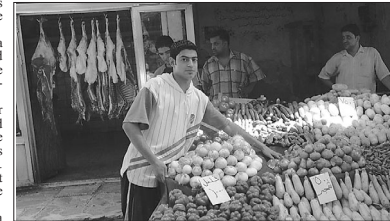
The marketplace in the Rusafa District in what is known as "Old Baghdad" on the east side of the Tigris River is one of those success stories.

"Shoppers feel much safer going into the market now and they've actually seen an increase in the number of local citizens using that market," Rudolph said. "It's a perception, an attitude that the stigma of the random violence has lessened."

The Doura Market is often a stop for visiting dignitaries to Baghdad in the southern Rashid District. The 1st Cavalry Division's 2nd "Black Jack" Brigade Combat Team from Fort Hood, Texas conducted the initial assessment of the area and started the revitalization project there.

Doura Market, Rudolph said, went from an unorganized street market of only a few dozen vendors to a thriving market place with more than 200 sellers now. The 4th Infantry Brigade Combat Team, 1st Infantry Division from Fort Riley, now operates in Rashid, and even more improvements are underway, Rudolph said.

"4-1st Infantry is following up in their footsteps with a barrier plan just like Rusafa," Rudolph



MND-B/Bleichwehl

An Iraqi vendor works on setting up the displays of fresh vegetables on Haifa Street in central Baghdad May 15. The area had been a hot-bed of violence and extremist activity, but is now returning to a peaceful normalcy of day-to-day living.

said. "The shoppers (there) feel much safer in that environment. They've got solar-powered lights to provide security in the area. They have host nation security forces doing random patrols of the area, and because of these security measures more shops have opened up."

Haifa Street in the city's center, west of the Tigris River, was once known as a hot-bed of extremist activity. It was a battle ground for the 1st Cav. Div. when they operated in Baghdad in 2004-05, and

again earlier this year.

The battle ground is now a model neighborhood.

"We've turned that around," Brooks said. "Now, we have a thriving market area that is starting to grow and a revitalization process that will make the Iraqis really proud and recognize that things have improved."

All things start with security, Brooks said, but quality of life initiatives have been brought to life

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MANHATTAN CHAMBER OF COMMERCE  
3 x 4"  
Black Only  
3x4 Man CVB Look No Further

MILITARY MEDIA  
3 x 7"  
Black Only



# Commentary

Friday, June 8, 2007

Fort Riley Post

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## Riley Roundtable

This week's question:

What is your favorite summer activity?



"Fishing."

Pvt. Charles Anderson



"Take the kids to the pool."

Sonya White  
Military spouse

"Go swimming."

Stephen White



"A little bit of everything, and fishing."

Pfc. Luis Umana



"Travel and gardening. Gardening is my therapy."

Juanita Boley  
Retired Army spouse

### Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to [anna.morelock@onus.army.mil](mailto:anna.morelock@onus.army.mil) or fax them to 239-2592.

## Happy Birthday Army to celebrate 232nd birthday June 14

By Tony O'Bryant  
Army News Service

WASHINGTON — Installations and commands all over the world will celebrate the Army's 232nd birthday June 14.

With the theme "Call to Duty — Boots on the Ground — Army Strong," the celebration honors Soldiers answering the call to duty during one of the most dangerous periods in history.

"Today's Soldiers symbolize the nobility of selfless service," said Sergeant Major of the Army Kenneth O. Preston, reflecting the Army's heritage. "Today's Soldiers are motivated by an unwavering belief that they will be victorious on the field of battle, because we have fought this way since 1775 and always will."

Special birthday events will begin on June 9 and run through the following week, with a cake-cutting ceremony at Walter Reed Army Medical Center June 12

### More information

For a full list of Army birthday events and birthday messages from Army leaders visit [www.army.mil/birthday/232](http://www.army.mil/birthday/232).

and a Twilight Tattoo June 13 at the Washington Monument.

Major League Baseball will pay tribute to the men and women in uniform by hosting birthday activities during several of its games. A veteran of the war on terror will throw out the first pitch of a Florida Marlins vs. Kansas City Royals game at Dolphin Stadium in Kansas City June 16. New recruits will also be inducted into the Army during a pre-game ceremony.

Similar events are scheduled for a Tampa Bay Devil Rays' home game June 13, and a member of the Army Ground Forces Band will lead "Take me out to the ball game" during an Atlanta Braves game June 10.

The Army's precision parachute demonstration team, the Golden Knights, will jump June 14 into Camden Yards, where a Soldier will throw the first pitch of an inter-league game between the Washington Nationals and the Baltimore Orioles.

Lt. Gen. John Brown III will host U.S. Army Pacific's Birthday Ball in Waikiki on June 9. The U.S. Army Band's Strolling Strings will perform during the event to an expected crowd of nearly a thousand Soldiers and civilians.

On June 14, Acting Secretary of the Army Pete Geren, Army Chief of Staff Gen. George W. Casey Jr. and SMA Preston will participate in the annual wreath

laying ceremony at Arlington National Cemetery's Tomb of the Unknowns.

Thousands of Soldiers will also gather that day for a cake-cutting ceremony at the Pentagon. The cake's recipe calls for 540 eggs, 100 pounds of flour, 30 pounds of butter, 30 gallons of milk and 30 pounds of sugar. Weighing in at more than 250 pounds and standing 8.5 feet high, the cake takes one week to create.

Department of Army-level birthday events will continue June 15 with a Birthday Run that starts at Fort Myer, Va., and culminates with the Army Birthday Ball on June 16 in Washington, D.C.

"The U.S. Army is a brotherhood of warrior leaders dedicated to the cause of freedom. To me, celebrating the Army's Birthday is celebrating my freedom and brotherhood," said Capt. Chris Joyner, North Carolina National Guard public affairs officer.

### Latest Dope

## Inhalants can cause lasting damage, death

By Clyde Sallee  
ASAP Prevention Specialist

Inhalant abuse is the deliberate concentration and inhaling of common products found in homes, offices and schools to get high. Many young adults or kids call inhaling "huffing," "bagging" or sniffing.

Sometimes the chemicals are sniffed directly. Other times, they are "huffed" from chemical-soaked rags held to the face. The list of items that can be misused for this dangerous and deadly habit seem never ending. Some experts put the number at more than 1,000. Most inhalants produce a rapid high that is like



Clyde Sallee

alcohol intoxication. Chemicals are soaked in to the lungs and then into the bloodstream. After the high comes drowsiness, loss of inhibition and lightheadedness.

If enough is inhaled, all solvents and gases work like anesthesia causing a loss of sensation and even unconsciousness. The euphoric high is short lived, but

the damage done to the body can cause long-term damage.

Repeated sniffing of solvents or aerosol sprays can cause irregular and rapid heart rhythms. This can lead to heart failure and death within minutes of a sniffing session. This fatal attack is called "sudden sniffing death" and can happen to anyone, even an otherwise healthy person.

All of us have inadvertently smelled chemicals people sniff to get high. Glue, gas station fumes

and aerosol sprays all release the chemicals some abuse. Most of these items carry warnings about using them in well-ventilated areas.

People die every year from "sudden sniffing death," when their hearts stop beating after sniffing chemicals. Others do irreparable damage to their organs, including their brain.

For information or request training on Inhalants please call the Army Substance Abuse Program at 239-1928 or 239-5047.

### Announcement

## Hospital awards housekeeping contract

By Bob Kesler  
LACH

In May 2006, the Army announced an A-76 competition of hospital housekeeping services at Irwin Army Community Hospital on post. A-76 is a competition between government personnel and private sector contractors conducted under the Office of Management and Budget Circular A-76.

On May 22, Army officials announced to the hospital housekeeping employees the results of the competition. Based on an initial performance decision, the lowest priced bidder was a private contractor. The Army will have a 30-day period in which

representatives of the employees and contractors submitting proposals for the hospital housekeeping services can file a contest objecting the initial performance decision.

If the results of the competition are not overturned by a contest, the Army Medical Command will request final decision authority from the Department of the Army to award a contract to the successful private sector contractor.

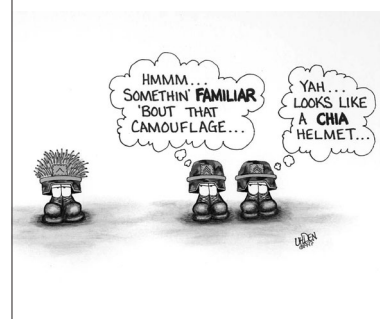
As of the initial performance date, there are 22 government employees performing hospital housekeeping services. The effective date of the start of the contract is anticipated to be Sept. 1.

### Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) — (785) 307-1373  
Fort Riley Victim Advocate Program — (785) 239-9435  
Chaplains — (785) 239-4357  
Irwin Army Community Hospital emergency room — (785) 239-7777  
Military Police (785) 239-MPMP (6767)  
Local Police (on and off post) — 911

For confidential, free services, including safe shelter, call The Crisis Center, Inc. (24 hours) — (800) 727-2785  
Kansas Statewide Hotline — 1-888-END-ABUSE (363-2287)  
National Domestic Violence Hotline — 1-800-799-SAFE (7233)

### Grunt By Wayne Udden



### FORT RILEY POST

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Publisher-Maj. Gen. Carter Ham  
Public Affairs Officer-Lt. Col. Christian Kubik  
Command Information Officer-Vacant  
Printer-John G. Montgomery  
Fort Riley Editorial Staff:  
Editor-Anna Morelock  
Staff writer-Anna Staatz  
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Circulation 8,800 copies each week  
By mail \$20 per year  
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

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THE MILITARY  
SPOUSE





# Major deploys as first female team leader from Fort Riley



Maj. Latassha Moore sits through an after-action review after conducting a patrol.

1st. Bde./Skidmore

By Gary Skidmore  
1st Brigade

Maj. Latassha Moore has the distinction of being the first female transition team leader to be deployed to Iraq from Fort Riley. She and her team deployed May 29.

For Moore, that distinction isn't important. What is, she said, is knowing her job, being professional and mentoring her team.

"This training has prepared me for future jobs like being a battalion executive officer... Here, my staff is mostly captains and they haven't had company command yet, so I have the opportunity to be a mentor, counsel and coach them," she said.

Once she successfully completed her company command Moore said she went to a staff position and had mostly noncommissioned officers under her command.

"This training has helped me hone in on leadership skills. The skills I will need down the road,

the skills that every officer in the Army should have," she said.

As far as deploying to Iraq, Moore isn't too concerned about her task at hand. This is the second deployment for her to that theater of operations.

"I was a company commander with 177 Soldiers assigned to me during my last deployment," said Moore. "This time I have a team of 10."

"The last deployment I lived on an American forward operating base," Moore said. "This time we'll be on an Iraqi FOB with more than 600 Iraqis, so there will be a big difference between this and my last deployment. But they know we're coming and why we're coming, so there shouldn't be any problems."

Being a female team leader in Iraq will have its challenges, Moore said.

"There will be challenges," said Moore. "But I don't think any of them will be insurmountable."

With time the Iraqis will understand we're there to help them,

Moore said, and not necessarily to change their opinion about women's roles in their society.

Lt. Col. Curt Hudson, 1st Brigade deputy commander, said being a woman in the Army and being a leader is not an issue and should pose few problems.

"The Iraqis have been dealing with U.S. Soldiers who are women for four years now," Hudson said. "Women are battalion commanders, brigade commanders and general officers and I know they know that women are in all areas of our Army."

For Moore's particular Iraqi counterpart, it may be the first time he's had to interface with a

female of the same rank, Hudson said, but he's probably seen American women in uniform before.

"There will be challenges. There are always challenges getting to know somebody, but I don't see this as being a show stopper," Hudson said.

"We're there to help them, prepare them to take control of their own country and to secure their country," Moore said. "I think in the beginning it's going to be hard, but with time we'll prove ourselves, prove that we're professionals and that we're there to do a job and that's what we plan to do."

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# Quality of Life

continued from page 4

in areas of the Iraqi capital where the neighborhood and district advisory councils have worked in harmony for the good of their constituents.

"It's where people in the neighborhood, people in the district recognize that they have needs and they're the ones who should represent the people in that area," Brooks said. "Mansour has a very active district council that is functioning very, very well, and our recent security operations have enhanced that, so they feel more and more secure."

"They still remain periodically threatened, though," Brooks said.

"You have to recognize that people who are performing well, especially in harmony, are often targeted by extremists who don't want to see good governance ever form here."

## Short term vs. long term

CERP funds are a "band-aid," Rudolph said, a way for coalition forces to provide immediate aid where needed. But MND-B, in conjunction with the State Department, is looking at long-term solutions to many of the issues facing the residents of the Iraqi capital.

"They use training programs

for business practices and they also do micro-grants and micro-loans, but those are 'payments in kind,' Rudolph explained. "If a business needed, say, a cash register to be able to transact business activities, they wouldn't get the money to buy it, they would get a cash register. It's the items they would need, not the cash. As much as security has improved, we still don't want cash-flow going into the hands of the wrong parties. That's the best means of addressing it."

MND-B has shifted its focus to long-term investments, versus short-term "band-aids" over the

past three months, Brooks said.

"There's been progress, but the approach that has been taken over the last several years for divisions like the 1st Cav. Div. was to find problems and fix them, and do it quickly," Brooks said. "We've had success in that. But the reality is that it doesn't leave an enduring systemic effect, so we've shifted our focus here over the last three months to look at the holistic system sewage on the west side of the river, for example, and identifying where the pump stations are, where the lift stations are, where the pipes that may be broken, where there is standing sewage; then, applying the resources, within the city of Baghdad and the government of

Iraq, where they really matter."

By looking at the broader picture, and engaging the local, district and provincial governments, Brooks said long-term progress is possible.

"What's changed, I think, over the last few years, is how much the larger infrastructure has been revitalized," Brooks said. "Water pipes have been replaced, electrical transformers have been installed, but it's that last 100 meters worth of the service that really still has to become focused. Then people will really recognize a difference."

## The Heart of a Soldier

While on one hand, extremist

elements are attempting to create chaos in the city streets and deter progress and quality of life initiatives, Brooks pointed in the other direction, to the American Soldier, and attributes much of the progress made to date in the Iraqi capital to the dedication of troops putting their boots on the ground to interact with residents and local officials.

"We wouldn't have any of these successes, we'd have no progress if it weren't for the contributions of our troops who are out there," Brooks said. "We ask an awful lot of our Soldiers who are deployed over here. Certainly,

See Quality of Life, Page 8

## CIF

continued from page 1

going to be there waiting for you."

The carried and shipped equipment is still inspected, Barton said, but it's at the unit level.

"If it's your equipment, you're going to put a padlock on it," Barton said. "It will be locked up when it's brought here. You're stating that within that bag is those 22 items, so when you come down here to clear Fort Riley, I'm showing those 22 items as being carried forward with you ... to your next duty station."

Though not a single person has undergone the new procedure, Barton said he expects the option to benefit both Soldiers and CIF personnel once people start taking advantage of it. The equipment-shipping storage area is empty, as not a single person has yet decided to ship anything.

"It should speed up the operation up here due to the fact that that's 22 items that I don't have to look at for turn-in now," Barton said. "It's also going to help on people coming into Fort Riley. That's 22 items I don't have to issue them."

Should a Soldier decide to ship his equipment rather than carry it, he also has the option of a ground or overnight shipment depending on when he reports to his next unit.

"Now what we're thinking is because of the actual orders and the time constraints for Soldiers to get from Point A to Point B, we'd like to eventually use overnight all the time," said Linwood Cromartie, quality assurance evaluator at CIF.

For example, the average ground-ship time for the items from Fort Drum, N.Y., to Fort Lewis, Wash., is about 30 days, so overnight express may be the way to go, Cromartie said, but it still has yet to be completely worked out how they will tailor the shipping.

"The estimated delivery date at the new installation for shipping gear is based on your report date to that installation," Barton said. "It must be at that installation prior to your report date so it's available for CIF to have it on hand when you go to in-process -- that bag's available right then."

Because the list of items was selected by DA personnel, Barton and Cromartie said they do not completely understand the reason for omitting certain items from the list.

"Body armor is not on here and you need that to go to the range to even qualify with the M-16," Cromartie said.

Both were vocal for the inclusion of both body armor and Molle gear in future updates to the list.

"If someone's looking at this



1st Inf. Div./Bauch

Sgt. Che Hightower, combat engineer and new member of Headquarters and Headquarters Company, 4th Infantry Brigade Combat Team, packs up newly issued gear while processing through Fort Riley's Central Issue Facility May 30. Items like these may not have to be issued for Soldiers taking advantage of CIF's newest issue procedure offered Army CONUS-wide effective June 1.

## The 22 items

- Advanced combat helmet - foliage green and universal cover
- Bags: barracks, duffle and waterproof
- Ballistic protection goggles
- Black fleece bib and jacket
- Cold weather parka and trousers
- Entrenching tool
- Field jacket liner
- Gloves: intermediate cold weather and leather work
- Hood balaclava
- Inflatable sleeping mat
- Modular sleeping system
- Neck gaiter
- Wet weather parka, poncho, poncho liner and trousers

the way we're looking at it, I'm sure there are going to be a lot of items added for when you go to the field, for instance, that body armor and you've got to have Molle gear, but everything else is there," Cromartie said.

Barton said he does not expect to be deluged by Soldiers wanting the service; he still likes the idea and wants to get the word out.

"Very few people have heard of the 22 items (procedure) -- very few," Barton said. "At the lower levels, especially, the word just hasn't filtered down like it really

should."

Both assured that though the process is new and probably open to change, it's secure.

"There are internal procedures involved in this to make doubly sure all these bags are secure -- in a secure area at all times, very limited access to the bags, everything is -- from the time we receive from the time it's shipped or picked up by the individual, we try to eliminate chances of bags being misplaced or anything like that," Barton said. "We've designed and built a database to take care of this whole process."

## Press conference

continued from page 1

They have over 120 active projects and are planning more than 60 projects in efforts to reconstruct the districts.

"We are clearing the areas in order to defeat those extremist actors and those criminals who are using the area as a safe haven to launch attacks against the

peace-loving Iraqi people and coalition forces," Gibbs said.

Gibbs added it is crucial Iraqi police forces are able to hire enough people to keep up and gain as much confidence in the people as the Iraqi Army has gained.

Since the operation began,

seven U.S. Soldiers, six from the Dragon Brigade and one from 2nd Infantry Division's Arrowhead Brigade, have died.

"Unfortunately this operation did not come without loss," Gibbs said. "We will never forget them, and our condolences and prayers go out to their Families and friends."

## TT

continued from page 1

possible before they deploy.

"I recommend the teams learn as much language as they can," he said. "Anytime you can take the translator out of the mix, it makes everything more personal, more professional and they see we're really serious about helping them and that we care about what we're doing."

Curtis said his team's greatest

accomplishment will be standing up the units' tactical operation center.

"We've gotten this unit from a level 3 brigade to almost a level one," Curtis said. "We have them right on the verge of being able to accomplish any mission on their own without our support. That's what we were sent there to do and

we're on track," he said.

The team that's replacing us has a little better understanding of what we're doing," Curtis said. "When they fall in on us over there, they're not going to have to figure everything out from the beginning. They'll be able to see where we left off and build from there."





1st Bde./Lee

## Unveiling

Staff Sgt. Jason Fairservice, an observer/controller, unveils the plaque bearing the names of "Centurions" who gave the ultimate sacrifice. First Battalion, 34th Armor Regiment Soldiers dedicated the memorial to their fallen Centurion comrades recently at a ceremony in front of their battalion headquarters at Camp Funston.

## Quality of life

continued from page 7

we know we put them into harm's way to accomplish whatever mission we set out to do. But their energy, their passion, their willingness to keep trying in the face of deliberate set backs at the hands of the enemy or at the hands of sometimes the Iraqis themselves, they're out there every day and they keep moving forward.

"In all these areas, not only security, but in governance it may be that the first, best way for people to come together is because an American Soldier encouraged a district council member to sit in the same room with another," Brooks added. "And governance begins, then, with the passion and the heart of the Soldier in this country."

## Sniper awareness

continued from page 2

In order to reduce the risk of being a casualty of sniper fire, it is important to be a hard target by constantly moving while on patrol.

"Hard targets are harder to hit," Rubalcava said. Because of the constant movement, "it also looks like the unit is bigger."

When you go out on a mission like this one, you ideally want to have a squad, Rubalcava said. But it can be done with a team-sized unit, which happens more frequently.

Staying in motion is not the only way to lessen the chances of getting shot.

Often snipers will shoot a Sol-

dier and wait for others to rush to his aid to shoot another one, Rubalcava said.

It's a natural instinct to run to help a Soldier, Walls said, but it's not the safest thing to do.

Soldiers should wait and assess the situation before rendering help to an injured Soldier and should

use cover and concealment when doing so, Wall said.

Dangerous as future missions may be, these "Thunderbolts" said they are ready for the challenge.

"Everyone here signed on after 9-11, so we knew that we could deploy and what that means," Stevens said.

What's happening in your unit? The Post wants to publicize interesting and informative articles about all organizations stationed at Fort Riley. Call the editor at 239-8854. Let's talk.

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# Fort Riley Community Life

Friday, June 8, 2007

Home of the Big Red One

Page 9

## Community news briefly

### OCF dinner slated

Fort Riley Officers' Christian Fellowship (OCF) is hosting a New Friends Dinner at the Courtyard Marriott in Junction City at 6 p.m. June 23. The dinner will include entertainment and a concise program about OCF's ministry to Fort Riley Families and OCF's retreat centers in Colorado and Pennsylvania.

The dinner is free, but complimentary tickets are required to attend this event. The program will outline OCF's Capital Campaign, which will update and sustain their retreat centers where all military Families can go for respite and renewal.

If you're interested in attending the dinner, receiving information regarding OCF, getting involved in an OCF neighborhood Bible study or the campaign, please contact Matt Perdue at 784-8321 or tankperdue@yahoo.com.

### Lures training

Fort Riley's Family Advocacy Program and School Age Services will be hosting a Child "Lures" training workshop June 21 at School Age Services, Building 5810.

The workshop is designed to instruct parents and children about the dangers and techniques used by sexual predators and kidnappers.

The training will be from 4:45 p.m. to 5:15 p.m. and parents are encouraged to attend the training to see first-hand how children can protect themselves from abductors.

For additional information or to register call 239-9220.

### Kids' theater auditions slated

The Directorate of Morale, Welfare and Recreation and Child and Youth Services are proud to welcome the Missoula Children's Theater back to Fort Riley for another wonderful theater production.

This year's play will be "The Wiz of the West" and roles are available for children entering 1st through 12th grades.

Group auditions will begin at 9 a.m. June 11 at the Middle School Teen Center gymnasium. Character roles are available for 50 children; there is no guarantee everyone will be cast in the play.

Participation in the theater production is free and rehearsals will be conducted daily from 9 to 11 a.m. and noon to 2:30 p.m. June 11 to 16.

Two performances are scheduled at 3 and 7 p.m. June 16 at the Middle School Teen Center gymnasium. For additional information call 239-4723.

### Watermelon social slated

The library will be hosting a Fourth of July Watermelon Social from 1 to 3 p.m. June 30.

Complimentary watermelon and lemonade will be provided. For additional information call 239-5305 or visit the library in Building 5306 for more information.

### Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

## Networks keep Families informed

By Master Sgt. Jack Lee  
1st Bde. PAO

It's not your father's Family Readiness Group. It's not even called an FRG, but instead a MIT-TIN, Military Transition Team Information Network and they are being set up nationwide.

About 3,500 transition team Soldiers, sailors and airmen, and about 4,000 deployed security force Soldiers from three of four

"Devil" Brigade battalions fall under the 1st Brigade rear detachment.

That's about 5,500 Soldiers' spouses and Families Rear Detachment Commander Capt. Charles Ayers is responsible for contacting as head of the MIT-TIN. MIT-TINs are being set up across the country and are similar to FRGs.

"My main reason for existing is to provide information on resources and answer any ques-

### More information

For more information on 1st Brigade and transition team MIT-TINs visit [www.riley.army.mil/Units/1BCT11D/RearDet1Bde.asp](http://www.riley.army.mil/Units/1BCT11D/RearDet1Bde.asp).

tions the spouses and Families of deployed personnel may have," Ayers said.

He's about one month into this job after assisting in training two transition team classes and said he

feels he is just getting his feet wet. Ayers said he knows first-hand how important communication and information is to Families after being deployed to Iraq in 2003. What makes his job the

toughest, he said, is keeping in touch with spouses and Families who are spread across the country.

Since transition team members come from all over, and many leave their Family at their home stations, the task of assisting Families can be daunting.

Noel Waterman is the Family readiness support assistant for the rear detachment, working with transition team Families and

See MIT-TINs, Page 10

## Saddle up

### Commanders tour post on horseback

By Anna Staatz  
Staff writer

Some things just seem to go hand-in-hand with riding a horse. Those things might include blue jeans, cowboy hats, boots, helmets or blazers. Generally speaking, the Army Combat Uniform doesn't make the list.

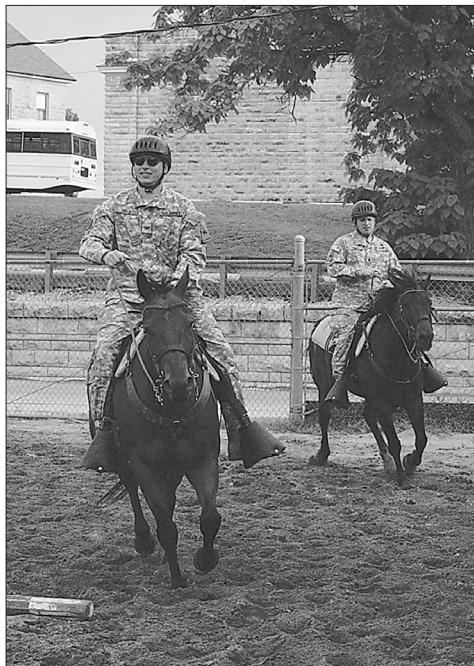
But last week, commanders from the 3rd Heavy Brigade Combat Team, 1st Armored Division, took some time to enjoy something not usually seen on their list of job duties: riding a horse.

The command group linked up with members of the Commanding General's Mounted Color Guard June 1 to take a trail ride. Members of the 3rd HBCT command group were split into two groups and spent a few mornings before the day of the ride getting acquainted with the horse they would be riding.

The laughs were easy to come by when Col. Norbert Jocz, commander of 3rd HBCT, couldn't get his horse to walk across a white tarp in the middle of the arena, and the horse Lt. Col. Bobby R. Thomas Jr., commander of 4th Battalion, 1st Field Artillery Regiment, was riding didn't want to slow down. But the trail ride went off ... well, without a hitch.

The group's ride lasted about two hours and took them past Fort Riley's historic spots, with Bill McKale, director, Fort Riley Museum Division, leading the way. CGMCG 1st Sgt. Wade Grief said the trail ride started with a request from Jocz, who thought it would be a good experience for the commanders. The ride was considered an Officer Development Program activity.

The command group of 3rd HBCT is the first to take advantage of the opportunity to saddle up with members of the CGMCG



Col. Norbert Jocz, commander 3rd Heavy Brigade Combat Team and Lt. Col. Bobby R. Thomas Jr., commander of 4th Battalion, 1st Field Artillery Regiment, take a practice ride before hitting the trail the next day for a tour of post by horseback.

Post/Staff

## Program offers respite care fund to Families

EFMP

The Exceptional Family Member Program has received Global War on Terrorism respite care funds.

Eligibility for funds will be based on exceptional Family member's being enrolled in EFMP, exceptional Family member's medical or educational condition and the Soldier must be on a related deployment mission.

The qualifying Family is eligible to receive a maximum of 40 hours of respite care monthly for each certified exceptional Family member. If Family members receive respite care through another service, they will not be eligible to receive this respite care.

To qualify, the Family member must meet one or more of the following medical criteria: little or no age-appropriate self-help skills; severe continuous seizure activity; ambulation with neuro-

logical impairment that requires assistance with activities of daily living; tube feeding; tracheotomy with frequent suctioning; apnea monitoring during hours of sleep; and inability to control behavior with safety issues requiring constant supervision. School-aged children who have an Individualized Education Program and infants and toddlers who have an Individualized Family Service Plan showing developmental delays are eligible to apply for respite care.

Families must complete an application process to qualify. The qualifying Family will need to have specific forms completed by a physician and EFMP manager prior to beginning respite care services. Only the EFMP staff at the Soldier and Family Support Center can initiate this paperwork with Families.

If you are interested and qualify for this respite care, call Mike Lacer or Laurie McCauley at 239-9435.

## Teens connect with newsletter

By Anna Staatz  
Staff writer

### Teen news

Read stories from the first issue of the T-Factor on page 11.

One of the most important things for kids between the ages of 13 and 18 is a social life. A newsletter sponsored by the Fort Riley Middle School Teen Center aims to bring youth who are new to the area up to speed on what's happening while tying together teens who are a part of Fort Riley.

Eric Childs, director of the teen center, said he already had been thinking about generating a newsletter when the topic of getting information out became an Army Family Action Plan issue and discussion from a teen panel working with the youth center started.

"It's really hard to get information out and have everyone get it," Childs said. "There was a lot of discussion about the lack of teen news for these kids who

go to different schools or might be new to the area, so we wanted to provide them with information about things they are interested in as well as what's going on here."

Thus, the newsletter - T-Factor - was born. The first edition came out in March, with five youths leading the way and others contributing stories and ideas. The original idea was to have a newsletter every month, Childs said, but that was modified to every other month.

"It was just a little easier for the kids and our staff as well," he said.

Childs said the teen center staff was willing to work with any youth who wanted to participate in producing the newsletter.

"We're not going to turn them down," he said. "People come and go - it's the nature of the military."

Randy Miles, one of the staff at the teen center, has been working with the youth to put the newsletter together. Miles said there has been little shortage in youth willing to work on the newsletter, which hits areas of interest such as fashion, video games, events and even advice.

"The kids are great. They really put a lot of hard work and effort into it," he said.

The next issue of the newsletter is due out in the next few weeks and can be picked up at the teen center, Building 5800 at the corner of Thomas and Long streets.

See Housing, Page 10

## Housing office expands services

### Housing Services

The Fort Riley Housing Services Office now provides expanded service to assist Soldiers who reside in the communities near Fort Riley. The Fort Riley HSO is the prototype Soldiers and their Families can expect to see at future assignments.

According to Charlie Williams, the Fort Riley Housing Manager, approximately two thirds of married Soldiers assigned to Fort Riley will reside off-post by 2011. The goal of the HSO is to help all Soldiers with their off-post housing needs when they arrive at Fort Riley, during their assignment at Fort Riley, and as they prepare to move to another post at the end of their assignment at Fort Riley.

"Rental listings have always been the bread and butter of off-post housing," Williams said. "HSO continues to provide listings, conduct inspections of off-post properties, review your lease with you, and mediate disputes you may have with your landlord. Additionally, an HSO representative will explain your responsibilities under the Kansas Landlord-Tenant Act and will assist you in understanding the process of renting a home."

The HSO also assists landlords who are having issues with a tenant concerning damages, non-payment of rent, or other lease violations that may occur. The goal is to work out settlements between parties when there is a breakdown of communications. HSO will act as a third party in order to negotiate a settlement both sides can live with.

Many Soldiers today choose to buy their own home. HSO assists





## Dining facilities open to Families

By Master Sgt. Jack Lee  
1st Bde. PAO

Dining facilities at Fort Riley are now Family friendly, thanks to a new post policy, which applies to all post DFACs.

Family members always are welcome to come in and eat, said Doris Fontimayor, Main Post dining facility manager. "We ask they come in toward the end of the posted times of a meal, giving the Soldiers a chance to eat first and get back to work if necessary," she said.

Recently, a Family member bought a taco salad for \$1.40 at the Main Post DFAC. At Camp Funston lunch has a flat rate of \$3.65 for an all-you-can-eat affair. For Soldiers of the rank specialist and below, Family members get a discounted rate.

"We opened the dining facilities to Family members to build a community relationship," said Chief Warrant Officer Jasper Lee Jr., 1st Infantry Division food program manager. "The intent is to take care of our Soldiers and their Families, that they can enjoy a well prepared, healthy meal at a reasonable price."

Lt. Col. Dwayne Hummel, 2nd Battalion, 291st Aviation Regiment commander, his wife Sherry



1st Bde./Lee

**Lt. Col. Dwayne Hummel, wife Sherry and daughter Annaston, 4, enjoy a meal at Main Post Dining. "My wife and I enjoy the fact there's no preparation or clean-up in order to enjoy a great meal," Hummel said.**

and daughter Annaston, 4, recently ate lunch at the Main Post DFAC.

"You simply can't beat the variety, quality, atmosphere or price for a Family dining experience," Hummel said.

Annaston said she liked the food choices, especially the dessert bar.

"It is really cool," she said.

Family members don't have to be accompanied by the Soldier, as long as one is an ID card holder.

## MiTTINs continued from page 9

spouses.

"We ask for volunteers to be leaders in their area to be a point of support for transition team Family members," she said. "Hopefully, this will build support and comfort for spouses and Families that don't have some one close by."

When a person volunteers to lead a MiTTIN group, they are sent a roster with names of those nearby, which includes Air Force and Navy personnel, too.

At Fort Riley, one such MiTTIN has formed and regularly schedules get-togethers. Debbie Elliott's husband deployed with one of the first transition teams and she formed the first MiTTIN

group anywhere. "I had no group to belong to and being part of the MiTTIN makes me feel a little like I am part of the post," she said.

Her group has grown in numbers as more transition team training has taken place. It's a good way to share information, Ayers said.

"We are trying to reach all of the TT Family," Ayers said. That information network starts almost immediately when checking in at Fort Riley.

During inprocessing, a form is filled out listing next of kin and Family members. "We will start calling to verify the data is correct. We also let them know

that we are here to assist them," Ayers said.

Ayers' crew also sends an information packet out to spouses and Families, and they hand them out at deployment ceremonies.

It helps that most of the folks in the rear detachment have been deployed or have a Family member deployed. Waterman's husband is deployed to Iraq with the 4th Infantry Brigade Combat Team.

"The spouses I talk to appreciate that I am going through what they are going through," she said, "a common bond, so to speak."

## Housing continued from page 9

with the home buying process and will explain to Soldiers how to negotiate on the purchase of a home. Areas of interest for homebuyers are contracts of sale, insurance, deeds, financing, closing costs and escrow agents to name just a few. HSO also can help Soldiers refinancing loans, shopping for the best interest rates and learning about home equity loans. The HSO staff has been trained in basic HSO operations. Addi-

tional training is being accomplished through training programs with local lenders, realtors and builders. A Volunteer Realtor Program has been initiated with the Boards of Realtors in Manhattan and Junction City whereby an office at Carr Hall, 45 Barry Avenue, is manned by Realtors in the afternoons Monday through Friday. Realtors on duty only can give generic advice and cannot solicit business from Soldiers or spouses.

The idea is to provide more expertise than an HSO representative has but not subject the customer to undue pressure to purchase a home from that Realtor.

All Soldiers are encouraged to stop by the HSO at 45 Barry Avenue on Main Post to see what new programs are available and what assistance can be expected. HSO is a service that soon will be available at all continental U.S. sites.

**What's happening in your organization?**  
**The Post wants to publicize interesting and informative articles about all organizations stationed at Fort Riley. Call the editor at 239-8854. Let's talk.**

HOUSE FILL AD

DAILY UNION  
6 x 13"  
Black Only  
June/teenth



## Teen news

from the T-Factor

### Fashion: What's hot

By Kadesia Johnson  
MST member

Today's teen fashion changes rapidly, almost by the month. I took a survey around the teen center in 2006 on today's fashion. What's hot and what's not? I got numerous responses.

Today's fashion is based on shoes, clothes and jewelry. Statistics show that hot shoes are Air Force Ones, the phenomenal shoe that hit the streets around 2001, from Nike. People are still rockin' Air Forces. They come in many different colors, designs and sizes. Make sure to get some. A new shoe in late 2006 was Bapes, a shoe that looks similar to Air Force Ones. The two shoes are almost identical except Air Forces have a Nike sign instead of the Bathing Apes (aka Bapes) star.

Other hot shoes are the clear shoes that can be seen through. These come in Air Forces, Jordans and Bapes. These shoes are selling out wherever they are sold. Hey guys, I know you have a sister, mom, cousin, auntie or know somebody that owns a pair of snow boots. Boots have taken over the woman's foot in every city in every state, even where it

doesn't snow. The final thought on shoes is that hot shoes include Nikes.

Hot clothes were a major discussion. Girls around the teen center said the hot new brands were Rocawear, Aeropastle, and Baby Phat. Jerseys were also a top choice for girls. New in late 2006 were leggings, tight and stretchy like stockings worn under skirts. Girls also agreed



wearing hoop or big diamond earrings is a hot trend this year.

Teen boys fashion lot to talk about around the teen center. The boys said this year's hot brands

were Southpole, Tall Tees, Akademiks and Sean John. Other great selections were throwback jerseys and hoodies. Teen males were attracted after seeing rappers wearing the hoodies in their videos.

Jewelry for young males was predictable. After hearing rap star Young Jibb's song "Chain Hang Low" everyone wanted their chain to hang low. Big diamond earrings also were a hot jewelry selection for the boys.

That is what was hot in late 2006 and early 2007 for teen boys and girls. What will be the hottest fashion next month? Who knows? You are the voice.

### Member reviews center's new Xbox

By Pedro Gomez  
MS/T member

What sets the Xbox 360 apart? Well, I spent some quality time with the console and "Need for Speed, Carbon" so that I could give you a little insight.

Let's start with the beautiful graphics. It's like watching a race from the driver's seat. You race at speeds of more than 100

mph through urban landscapes in competition to be the first to cross the finish line.

But that's just the beginning. After you've won a few races you can go back and customize your car. Get nitrous, custom paint jobs ... you name it.

I'd rate this game 6 monkey wrenches out of 10.

When purchasing this system you have two options. The upgraded system comes with a wireless controller and charging

cable, a gargantuan hard drive and free Xbox Live Silver (an online membership to download and play games or movies on). The core system comes with one wired controller, no hard drive and no Xbox Live. Both systems come with the same rad games and vivid game play.

Accessories sold separately are hard drives (\$99.99), wireless controllers (\$49.99), HD cables (\$49.99) and headsets (\$19.99). Parents

will appreciate the parental controls which not only allow them to nix inappropriate games but also block the playing of movies with inappropriate ratings.

The future of Xbox is bright indeed with the forthcoming release of "Halo 3." In the meantime here are a couple of hot picks from my list: "Gears of War" for your inner-slayer and "Viva Pinata" for your inner child. Happy Gaming!

HOUSE FILL AD

US CELLULAR

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FC PU 6-1 USC-07-100K2

### Home wanted

Gretel

This is Gretel. Gretel is a 6- to 7-year-old female chocolate lab. She knows all of her commands, is housebroken and gets along well with children and other animals.



Fort Riley Stray Facility  
Building 226 Custer Ave.,  
Hours: 7:30 a.m. to 3:30 p.m., Monday through Friday  
Phone: 239-6183

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## Community news briefly

### Discounted bowling offered

The Custer Hill Golf Course and Custer Hill Bowling Center will now offer discounted bowling and golf for the Family members of deployed Soldiers. Bowling will be \$1 a game and Family members only will need to pay \$3 green fees on weekdays and \$5 green fees on the weekends at the golf course. Discounted hourly golf lessons also will be offered at \$10 off per lesson.

For additional information, call Custer Hill Golf Course at 784-6000 or Custer Hill Bowling Center at 239-4366.

### Special Needs Rodeo set

The Junction City Rodeo Association will host the Special Needs Rodeo at 6 p.m. July 21. Each child will be paired up with a cowboy or cowgirl partner who will escort the children to event such as the goat relay, steer roping, bareback riding, steer wrestling and much more.

Kids also can take a horseback ride at the end of the arena. The children can finish up their evening watching the Junction City Rodeo where they and their families will be special guests.

For more information or to RSVP contact the Exceptional Family Member Program at 239-9435. Please RSVP July 9.

### Spider-Man to speak on post

Spider-Man will speak to the community about bullying and child abuse prevention June 15. The first event will be held from 10 to 11 a.m. at the Twelfth Street, Junction City Community Center Summer Program. An evening event will be held from 5:30 to 7 p.m. at Long Gym, Building 8069 at Fort Riley. Both events are free and open to

the public. For more information, call the Family Advocacy Program at 239-9435.

### EFMP Summer Camp scheduled

The Exceptional Family Member Program will hold its summer camp July 6 at the Rock Springs 4-H Center, 5405 West Highway K157, Junction City. The all-day summer camp will begin at 9:30 a.m. and end at 4:30 p.m.

Along with enjoying the Kansas Flint Hills, campers will participate in activities such as archery, swimming, horseback riding and canoeing.

Children and youth need to be enrolled in EFMP. Parents will need to provide transportation.

For more information or to RSVP contact the Exceptional Family Member Program at 239-9435. Please RSVP by June 26.

### Prairie run set

Fort Riley's 2007 10-5-2 Prairie Run will begin at 7 a.m. July 21 at King Field House.

The race will be open to all military and civilian runners and each participant will receive a commemorative T-shirt.

Packet pick-up will be from 6 to 6:45 a.m. with the first races beginning at 7 a.m. All races will begin and end at King Field House, Building 202.

The five and 10 mile races will begin at 7 a.m. and the two mile race will begin at 7:10 a.m. An awards ceremony will begin at 9:15 a.m.

There is a \$12 entry fee for registrations received before July 11 and a \$15 entry fee for registrations received from June 12 to June 20. There will be no same day registration.

For active duty military stationed at Fort Riley, the 10-mile race is a qualifier for the Army 10-Miler in Washington D.C. For additional information, or

to register, contact the Fort Riley Sports Department at 239-3724 or 239-3945.

### Parenting workshops set

Fort Riley's Family Advocacy Program will be hosting "Becoming a Love and Logic Parent," a two-day workshop for Spanish-speaking parents, June 12 and 13.

The workshops will be held from 9:30 to 11:30 a.m. at the Soldier and Family Support Center, Building 7264.

The workshops will be instructed by a Family Advocacy specialist and Spanish-speaking facilitator.

For additional information or to register call 239-9435.

### Pool party planned

Hit the water this Fourth of July without leaving post at Custer Hill pool's Fourth of July Pool Bash.

The patriotic "splash bash" will be from 1 to 4 p.m. July 4 at the Custer Hill Pool. The cost is \$5 per Family.

For additional information call 239-9441.

### Bible study groups meet

Anyone interested in finding or starting a Bible study group in their neighborhood can contact Don Ericson at 239-0979.

Some study groups already meet on Main Post at 7:30 p.m. Mondays and 7 p.m. Wednesdays, on Custer Hill at 6:30 p.m. Tuesdays and in Ogden and Manhattan at 6:30 p.m. Wednesdays.

A female officers study group meets at 11:45 a.m. Tuesdays in the basement conference room in Building 212.



Post/Morlock

### Saying thanks

Bill McKale, Fort Riley Museum Division director, accepts a check for \$156 from Don Rush, a member of the Harley Owners Group. Rush presented the check in thanks on behalf of the group. As part of a recent rally held in Junction City a group of H.O.G. members toured post including the museums. Various tours, each accommodating about 50 riders, were put together for the rally. Around 78 riders signed up for the post tour within two days of it opening up, Rush said. As a former Fort Riley museum employee, Rush helped facilitate the tour for many of the riders, who he said didn't think they could get onto post and didn't know how much there was to do here. The money will be added to the Friends of Fort Riley Museums account to be used for projects that fall outside the normal budget, McKale said.

## Congregations donate money

By Chap. (Col.) Thomas Day  
Installation Chaplain

Chapel Services on Fort Riley recently took special offerings totaling more than \$18,000 to help others. A total of \$9,549 was given in May to help the victims of the tornado in Greensburg, Kan. Protestant Chapel Services donated its funds to the Kansas Salvation Army, and the Catholic

Chapel Services donated its to the Catholic Diocese of Salina, Kan.

The generous giving didn't stop with the Greensburg offering.

All of the Fort Riley Chapels took offerings the first Sunday of June

for \$9,509 to aid Soldiers wounded in action. The funds will help the Unit Ministry Teams (UMTs)

at Army medical treatment facilities give wounded warriors help.

This assistance includes help in reintegration spiritual fitness,

marital enrichment training and food items for wounded warriors

and their Family members who are temporarily residing at local

Fisher Houses. The funds also will help UMTs provide minimal

personal items, such as clothing items and telephone cards, for

wounded warriors medically evacuated from theater to Land-

stuhl Regional Medical Center in Germany.

US ARMY/ARMYMIL1  
6 x 10.5"  
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760304 PD 4/2



# Fort Riley Sports & Recreation

Friday, June 8, 2007

Home of the Big Red One

Page 13

## Sports news in brief

### Family fit night set at teen center

Join Youth Sports for a fun and entertaining evening of fitness for the entire Family from 6:30 to 7:30 pm June 15 at the Fort Riley Teen Center, Building 5800.

Parents and their children will interact together in fitness activities, including aerobic exercise, fitness games and much more!

Mark your calendar for May 18 and remember to bring the entire Family for a healthy evening of fun and exercise. For additional information contact Youth Sports at 239-9223.

### Lunchtime class offered

Skip the burger and fries and join Fort Riley's aquatic staff for a "liquid lunch" every Monday, Wednesday and Friday from 11:45 a.m. to 12:30 p.m.

This 45 minute high intensity class will boost cardiovascular endurance and strengthen and tone muscles.

All water fitness classes are \$2.50 per session or \$20 for 10 sessions with a punch card.

Call 239-9441 for more information or to order a punch card.

Classes will be instructed at Long Pool until renovations are complete at Eyster Pool.

### Team golf tournament set

The Custer Hill Golf Course will be hosting a 10-week team tournament beginning July 20.

Teams of four will play 9 holes each Thursday beginning at 5 p.m. and the total points will be tallied at the completion of the tournament for prizes.

The cost will be \$12 each week per team and \$5 per person cart rental and \$7 twilight fees.

Teams must register before July 13.

For more information, call the Custer Hill Golf Course at 784-6000.

### Luau to be held at Custer Hill pool

Bring your hula skirt and flower leis to Custer Hill Pool June 16 for the Hawaiian Luau. The event will include a hog roast, games, treats and prizes from 6 to 10 p.m.

The cost is \$10 per Family or \$5 for an individual. For more information call 239-9441.



Four Soldiers from HHC 1st Sustainment Brigade cross the finish line after a 7.2-mile release run the company conducted May 25 at the Riverwalk Trail.

1st Sust. Bde./Merritt

## Soldiers hit trail for PT

By Pfc. Andrea Merritt

1st Sust. Bde. PAO

Physical fitness is one of the most important facets of Army life.

Soldiers are taught to always be physically ready, and every morning during physical training they work to maintain that level of fitness.

Headquarters and Headquarters Company, 1st Sustainment Brigade, 1st Sgt. James Snowden, said he is serious about PT and takes a very active approach to ensure his Soldiers are able to meet the standard.

Snowden, whose company's motto is "fired up," turned the heat up on his Soldiers May 25 by conducting a 7.2-mile release run at the Riverwalk Trail, which is located less than a mile from the Trooper Drive gate.

"With the run, it is challenging and exhausting as well," Snowden said. "It's a way for the Soldiers, as they run, to build camaraderie. A lot never did the run before. I know once they accomplish it they feel more confident."

It was the first run the company

conducted at the trail since Sept. 2006, which was five months before the unit modularized.

The trail run was first introduced when the unit was still Division Support Command, and there were only five Soldiers because the rest of the unit was moving back to Fort Riley from Germany.

"The advantage of five Soldiers, as opposed to 200 plus, is you have more one on one... with small groups you can focus on individuals," Snowden said.

The Soldiers took off running at about 6:30 a.m. and the first person returned to the finish approximately 45 minutes later. The proof of their hard workout showed on their sweat-drenched PT uniforms and salt-covered faces.

"I haven't done a run like that in about two years," said Spc. David Reardon, a signal support specialist attached to HHC, 1st Sust. Bde.

"My body didn't remember how to run that far, and I was exhausted when I got back."

"I was proud of myself... (the run) was very hooah," Reardon said.

## Riding club moves, seeks to rebuild

By Anna Staatz

Staff writer

The Fort Riley Riding Club has been a part of post activities for nearly 35 years. This year, members are facing a new problem in the wake of growth on Fort Riley and recent spring floods.

The club has existed in many capacities during past years but recently found itself without a home. Fort Riley was forced to cut the lease for the land it occupied as the needs of Picerne Military Housing grew.

Sheryl Pierce, vice president of the club, said that the club was notified in July that its lease was being cut. Club members tore down barns, paddocks, arenas and pens and put some of the materials in storage. The teardown was a huge undertaking for the club, Pierce said, which spent about four months clearing the land.

"(Maj.) Gen. (Carter) Ham's office has been really great about trying to work with us," Pierce said. "He's made it known to us that he does want to see a club here. Unfortunately,

ly because we're a private organization, the Army's hands are tied as far as funds."

Currently, the 26 horses within the club are pastured on land that Picerne deemed "unbuildable."

Due to the uncertainty of rebuilding the club's numbers have been nearly cut in half, Pierce said.

"When the stables closed down last year, we were housing 53 horses," she said. "We're now down to 26. We've been cut in half, which has cut our funds in half. Some people PCSed; but a lot of people chose to move their horses somewhere else because they didn't know what the stability of the club was going to be."

Rebuilding is still a long way off, but Pierce said club members were relieved to learn several weeks ago that a bid for some land nearby the previous stable location had been approved. The club will be able to lease about 163 acres of land on post, but the challenge now is finding the money to rebuild stables and facilities. Many of

See Riding club, Page 15

CLOUD COUNTY COMMUNITY COLLEGE

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SCREEN MACHINE

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CITY OF MANHATTAN

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2x2 At.s in Back

HOUSE FILL AD

PRAIRIE HAWK CYCLE &

LEATHER,

1 x 1.5"

Black Only

1x1.5 Prairie Hawk

MATHIS LUEKER

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1x1.5 JUNETF.6/1.4403.1k

HOPE AUTO SALES

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Post/Mitts

## Passing the torch

Sgt. 1st Class Michael Paz, from Fort Riley's Department of Emergency Services hands the torch off to Officer John Hagerty from the Junction City Police Department and members of the Junction City and Fort Riley Pacesetters at the Grant Avenue gate May 30 during the Law Enforcement Torch Run.

HOUSE FILL AD

HARRAH'S PRAIRIE BAND CASINO

4 x 10"

Black Only

4x10 Full Color Harrah's

BRIGGS

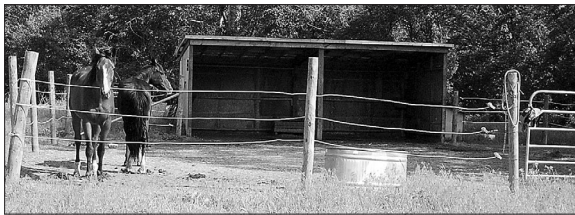
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FC







Post/Staatz

The Fort Riley Riding Club currently houses its 26 horses on land that Picerne Military Housing deemed "unbuildable."

## Riding club

continued from page 13

the materials the club put in storage were damaged during a flood of spring rain in early May.

"We wanted to reuse everything we could, since wood is so expensive," Pierce said. "But in this last bout of rain, where we had all of our supplies stored was completely flooded out. We don't know at this point what is salvageable. We do know that all the panels that were the siding to the barns are completely destroyed."

Pierce said rebuilding would be expensive – most likely in excess of \$100,000, but the time costs for clearing land to build barns and paddocks, supplies and other equipment was factored in.

"We're really looking to outside community and whoever else – businesses, community members – to donate time, money, supplies," Pierce said. "Because we're a non-profit organization, there's just no way we can afford to totally rebuild."

About 75 percent of the club's members are active duty military

and their Families stationed at Fort Riley. The other 25 percent were military members who retired in the Fort Riley area or Department of Defense employees. Pierce said the club was a valuable asset, since members had been able to stable their horses at Fort Riley for under \$100 per month – a bargain by any standard. She noted that club members maintained the facility and paid for the supplies needed for upkeep, which helped keep costs down.

Pierce said the club carried personal importance to her, not just because of her love of horses but because of the support it gave her during her husband's deployments.

"I know for me, when my husband was deployed – twice, that was an outlet for me," Pierce said. "It gave me people to be around, it was a support system. It became really important from a sanity standpoint – for a lot of people that are involved in it. It just gives

you the environment of being around a lot of people who are going through something similar."

Members were concerned, Pierce said, with what would happen in coming months. During discussions about rebuilding, many members voiced concerns about not being able to afford stabling their horses elsewhere and losing the support system present through the club being on post.

"The riding club has been around for so long," Pierce said. "It's experienced deployments and points of depression where the Soldier count has been low and members themselves have paid the lease out of their own pocket. People have been really dedicated to it."

Even with current conditions, Pierce still gets calls from Soldiers headed to Fort Riley about bringing horses there. In the last month, she said she has fielded calls from Germany and Spain.

For more information about the club, call 717-3198, or e-mail sheryl\_27@yahoo.com.

# Safety office offers tips to prevent heat injuries

By Darla Griffith  
ISO

For Soldiers, physical training is a part of life. They train in all conditions and temperatures to not only meet and exceed physical standards but also to prepare for any extreme weather they may encounter during training or deployment. Physical exertion in extreme environments can be life-threatening. This time of the year, it is particularly important to be aware of the hazards of hot weather injuries and more importantly how to prevent them.

## The body's response

In order to prevent unnecessary injury during physical training in warmer weather, it is important to recognize and understand the environmental factors that affect physical performance and how the body responds to those factors.

Body temperature regulation is the most important element of preventing hot weather injuries. Overheating is a serious threat to health and physical performance. During exercise, the body can produce heat at a rate 10 to 20 times greater than during rest. To survive, the body must reduce the excess heat. Sweating is the

body's primary means for heat loss, especially during exercise; therefore, any condition that slows or blocks the body's natural ability to perspire, causes heat storage which results in an increase in body temperature.

The degree to which evaporative cooling (sweating) occurs also is directly related to the relative humidity (a measure of the amount of water vapor in the air). When the relative humidity is 100 percent, the air is completely saturated and no more water can evaporate into the surrounding air. As a result, sweat does not evaporate, no cooling effect takes place, and body temperature increases.

Sweat rates of up to two quarts per hour are not uncommon when performing any strenuous activities in the heat. If the lost fluids are not replaced, dehydration can occur. This condition, in turn, can result in severe heat injuries.

## Common injuries

The most common heat injuries are heat cramps, heat exhaustion and heat stroke. Heat cramps are most often identified by muscle cramps in the abdomen, legs and arms. If heat cramps occur, respond by replacing salts and fluids with food or sports drinks, sit-

ting in a cool shady area and massaging affected muscles.

Heat exhaustion is characterized by headache, excessive sweating, dizziness, nausea and clammy skin. The first aid response to this condition is to initiate cooling by any means available (fanning, cool water, or an ice pack around the neck or groin area). Move to a shady area and loosen clothing, lie flat and elevate feet, assess the person's mental status by asking questions such as "what is your name" or "what day is this," replace fluids slowly and call for medical evaluation.

Symptoms of heat stroke, the most dangerous of hot weather related injuries, are hot, dry skin, cessation of sweating, rapid pulse, mental confusion and unconsciousness. Heat stroke can lead to death. Call for immediate evacuation to a medical facility and begin aggressively cooling with the same methods used for heat exhaustion. Monitor the person's airway and breathing.

## Staying safe

The best way to keep Soldiers safe during physical training in hot weather is to prevent these types of injuries before they hap-

See Safety, Page 16

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760304 PU 4-2 Kiedrowicz



## Sports news briefly

### SKIES Unlimited classes offered

All participants must be registered with Child & Youth Services, Building 6620. Call 239-4847 or 239-5440 for an appointment. Space for all classes is limited to first come first served.

#### Horseback riding

Horseback Riding Lessons at Ashwood Farms (outside Manhattan), English or hunt seat style riding.

Monday through Saturday by arrangement. Helmet required.

Packages of 6 lessons for \$199 or individually at \$40 each (no refunds on package). Enroll at Central Registration, Building 6620.

A sports physical specifying participant is cleared for equestrian activity is required.

For more information, visit [www.ashwoodfarm.net/riding-lessons.html](http://www.ashwoodfarm.net/riding-lessons.html).

#### Junior golf

Junior Golf courses will be instructed at the Fort Riley Golf Course.

Lessons will cost \$60 and will be divided into the following categories.

6 to 10 years old - Tuesdays 5:15 to 6 p.m.

11 to 18 years old - Thursdays 5:15 to 6 p.m.

The next session will begin July 10 and run through Aug. 16. The last session will be held Aug. 28 through Oct. 4.

#### Tae Kwon Do

Children age 4 through 11 can participate in Tae Kwon Do classes at Child and Youth Services, Building 6620. Two weekly sessions are available for \$85 per month.

Tiny Tigers classes for children ages 4 to 6 will be held Mondays and Thursdays from 3 to 3:30 p.m., or on Tuesdays and Fridays every half hour from 10 a.m. to noon.

Basic Tae Kwon Do for children ages 7 to 11 will be held Mondays and Thursdays from 3:45 to 4:30 p.m. and Tuesdays and Fridays from noon to 12:45 p.m. or 1 to 1:45 p.m.

#### Dance fusion

Dance fusion classes will be held Mondays from 5 to 5:45 p.m. for children ages 5 to 10. Classes are \$35 per month and are held at CYS, Building 6620.

## Safety

continued from page 15

pen. To prevent heat injuries while exercising, first-line supervisors and unit master fitness trainers must adjust the intensity of the exercise to fit the temperature and humidity. They also must ensure Soldiers drink enough water before and during the exercise session to stay adequately hydrated. Body weight is a good gauge of hydration. If rapid weight loss occurs, dehydration should be suspected. Plain water is the best replacement fluid to use. Highly concentrated liquids and those with high sugar content may hurt the Soldier's performance since they slow the absorption of water from the stomach

and; therefore, the ability to rehydrate.

Another way to prevent hot weather injury from occurring is through acclimatization to the training environment. Allow Soldiers to become accustomed to the elevated temperatures slowly (usually 10 to 14 days prior to physical exertion). The changes that occur as a result of acclimatization to a hot climate include an increase in sweat production, sweating occurring at a lower body temperature, an increase in blood volume and a lower heart rate at any given work rate. It is also important to maintain a high level of fitness. A Soldier's ability

to perform effectively in hot, humid conditions depends on both his acclimatization and level of fitness.

One last thing to remember is to always use Composite Risk Management (FM 5-19), prior to any activity, including PT. Hot weather injury can be prevented by applying the five-step process: identify hazards, assess hazards, develop controls, implement controls and supervise and evaluate. Applying these preventive measures can significantly reduce the potential for injury as a result of physical training during the summer months.

## FRMS to offer busing to students attending conditioning program

### FRMS

Junction City High School will hold a weight training and conditioning program June 15 through Aug. 3. Fort Riley Middle School will be providing bus transportation to JCHS for students entering fifth through eighth grades next year. The program will be held in the JCHS weight room from 9:30 to 10:30

a.m. each Monday, Wednesday and Friday.

Bus transportation will be provided from FRMS and the Teen Center to the high school. To ride the bus, students should be at FRMS no later than 9 a.m. or the Teen Center no later than 9:10 a.m. Attendance will be taken daily by the adult supervisor on the bus. Students not riding the bus

should be at the JCHS weight room no later than 9:30 a.m. Students will not be allowed to participate if they are late.

Students must have a signed parental permission slip with them the first day they attend the program. Permission slips can be picked up at the FRMS office.

For more information, call FRMS at 717-4500.

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# Travel & Fun in Kansas

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Home of the Big Red One

Friday, June 8, 2007

## Leisure time ideas

### At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

**June 8** – Disturbia, PG-13, 104 min.  
**June 9** – The Invisible, PG-13, 97 min.

**June 10** – Next, PG-13, 96 min., 5 p.m. showing

**June 14** – Disturbia, PG-13, 104 min.

**June 15** – Lucky You, PG-13, 124 min.

**June 16** – Spider-Man 3, PG-13, 139 min.

**June 17** – Georgia Rule, R, 113 min., 5 p.m. showing

For more information, call 239-9574.

### Upcoming band performances

The 1st Infantry Division Band will hold performances at the following events:

**June 8** – Hanover Days of '49 parade, 6:30 p.m. in Hanover, Kan.

**June 9** – Junction City's Juneteenth parade, 10 a.m., Buffalo Soldier Monument on 12th Street, Junction City

**June 10** – The Rock and Pop Band will be performing at the Leavenworth, Kan., VA Hospital for veterans.

**June 16** – Manhattan's Juneteenth parade, 9 a.m., Poyntz Avenue, Manhattan

**June 21** – The Rock Band will perform at 7 p.m. at barracks area 7003 on Custer Hill as part of the CG's Summer Concert Series.

**June 29** – The Rock and Pop Band will be performing in Manhattan's City Park at 8 p.m. as part of the Manhattan Arts in the Park Series.

For more information on band performances, visit [http://bands.army.mil/web-schedule.asp?band=11D&date=next\\_90](http://bands.army.mil/web-schedule.asp?band=11D&date=next_90).

### CGMCG schedule

The Commanding General's Mounted Color Guard will participate in the following events:

**June 8** – Hanover Days of '49 parade, 6:30 p.m. in Hanover, Kan.

**June 9** – Heritage Days parade, 1 p.m. Main Street, Lexington, Mo.

**June 13-17** – Buffalo Bill Days, various times, North Platte,

te, Neb.

**June 16** – Olsburg June Festival, 9 a.m., downtown Olsburg, Kan.

**June 16** – Wah Shun Gah Days parade, Council Grove, Kan.

For more information on the CGMCG, visit [www.riley.army.mil/OurPost/ColorGuard.asp](http://www.riley.army.mil/OurPost/ColorGuard.asp)

### ITR helps plan get-aways

The Information, Ticketing and Registration office in Building 6918 at Fort Riley has lots of travel information, and the staff can help set up brief trips and longer vacations.

Here's a sampling of what ITR has to offer.

**Rolling Hills Zoo** – Located amidst the rolling hills of western Saline County, this section of Kansas prairie has been transformed into a beautifully landscaped zoological park. More than 85 species of animals are on exhibit. Discount tickets are now available through ITR.

**Silver Dollar City** – Childhood dreams come to life at Silver Dollar City with adventures beyond your wildest imagination. Buy your adult ticket and get a child's ticket free. Let ITR put together a weekend get-away to Branson, Mo. Numerous discounted show tickets and hotel accommodations.

### JC to begin concert series

The Junction City Arts Council will start its summer concert series June 15 with the Gallery Walk.

Though the first concert in the series is not actually in the park, the movie that follows the concert will be, as will all the remaining concerts.

The hour-long concerts will begin at 7:30 p.m. at Heritage Park on Sixth and Washington Streets and will be followed with a movie. All events are free and open to the public.

**June 15** – Band: Troubadours; Movie: Happy Feet

**July 13** – Band: Smoky Hill River Band; Movie: Hoot

**July 27** – Band: Haymakers; Movie: Cars

**Aug. 10** – Band: Cuzter; Movie: Man of the Year

For more information on the concert series, contact the Junction City Arts Council at (785)762-2581 or [www.junctioncityarts.org](http://www.junctioncityarts.org)

## To save on vacation, seek out regional sites

By Leah Bond

K-State Research and Extension

MANHATTAN, Kan. – With rising fuel costs, many people are forced to be creative and look for areas in which they can save money on their summer vacations, said Carol Young, Kansas State University family financial management specialist.

It can be easy for travelers to go over budget while on vacation, Young said. It is best to begin planning by establishing an amount that you can really afford to spend. To help you stay within your budget, make sure that amount is available in a savings account so you can pay off the credit card bill right away after the vacation.

"Carry some cash and use credit cards only for convenience along the way," Young said. "Remember, though, to keep track of your credit card spending so that you won't unexpectedly go over budget."

Otherwise, all of the scrimping and penny-pinching is lost to credit card company interest costs or late fees and you may still be paying for your vacation when it's back-to-school, or holiday gift shopping time."

Travelers who are searching for ways to create a low-cost vacation might first look for opportunities that are within driving distance from where they live, Young said. Kansas has a lot of regional and community attractions that people may not think about as a vacation option, such as museums, community events, fairs, and state parks that offer - what Young calls "good old fashioned entertainment" - camping, fishing, boating, swimming and trails for hiking, or horseback riding.

To save on traveling, lodging and meal expenses, which are the three biggest expenses for vacationers, people can plan to travel and share hotel rooms with friends or family. When the costs are shared, families can afford to travel somewhere farther away, stay longer, or stretch spending money, she said.

Another way to save on lodging is to stay with family or friends and take advantage of the attractions in their area. This could also be an alternative for those who are eager to explore areas beyond those near where

they live.

"Planning out a trip ahead of time so that you won't be doing any backtracking in the vehicle can help cut down on fuel costs," Young said. "When you're in the city, use public transportation, trolleys, and tourist buses. Not only are they usually less expensive than driving your own vehicle, but they save you money on parking fees, eliminate traffic congestion stress, won't get you lost and can be an adventure for children, too."

With a little pre-vacation planning, travelers can save money on meal costs, too, Young said. With the planned travel itinerary and stops in place, families can make a list of their favorite nonperishable foods, or foods and drinks that will stay safe in a cooler with ice.

Making the list a few days before leaving will allow plenty of time to go grocery shopping.

Travelers should take along nonperishable snacks, such as cereal bars, fruits and vegetables, as well as cold picnic foods and beverages that travel well and stay fresh in a cooler with ice, she said. By packing healthy items, people will be less tempted to stop at fast food restaurants and convenience stores, literally eating up the budget along the way and resulting in unhealthy choices.

Planning ahead also allows time to find activities that are available in a certain area or city. Travelers can search online for city and regional Chamber of Commerce, or specific activity Web sites.

Consider asking friends or family members who live in the area for ideas, read newspaper articles that highlight area events and activities, or check libraries for travel or vacation magazines, Young said. Some online Web sites may offer money saving coupons for activities, gas rebates, or other incentives. When looking for activities, families can also cut down on costs by limiting the number of activities that require entrance fees.

"Plan several months ahead by doing some wintertime browsing," she said. "That will give you time to plan out your trip and be creative about how to save up more money. It will also give kids enough time to start saving their own money to buy souvenirs or other items."

## Series to bring jazz weekend to Manhattan

Special to the Post

Jazz lovers, save the date. July 14, is the Little Apple Jazz Festival at City Park, 1101 Fremont in Manhattan. The festival will run from 4:30 to 11 p.m. and will feature eight local and national bands with the headliner being Ron Gutierrez, Kansas City's own soulful jazz vocalist. The event is free and open to the public. CDs will be offered for sale and food vendors also will be on site.

Other jazz events also will be held that weekend. From 11 a.m.

to 1 p.m. the Ed Breazeale Group will hold a free concert at The Dusty Bookshelf in Manhattan. After the festival, from 11 p.m. to 1 a.m., Billy Ebeling and the Late for Dinner Band will perform at Auntie Mae's Parlor in Aggieville in Manhattan. The jazz brunch will feature Ron Gutierrez.

This event is part of the Manhattan Arts in the Park series. For more information on the series, visit [www.ci.manhattan.ks.us/parksandrec](http://www.ci.manhattan.ks.us/parksandrec).

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